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Germany, U.S. the big winners

Portugal, Ghana not so lucky as the World Cup rolls on

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This is your furniture on drugs

Metro reporter's belongings were seized after police found \$9M worth of hash, pot and heroin hidden in a moving truck

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Something smells fishy

And it's covered in turmeric. Check out this delicious — and quick — recipe

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'I JUST LOVED IT'

THERESA MACCUISH WAS ALWAYS A NATURAL WITH A BASKETBALL. NOW SHE'LL BE HONOURED WITH AN INDUCTION TO THE N.S. SPORT HALL OF FAME

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CHARGES LAID IN STABBING

Halifax RCMP forensic investigators were on scene Monday in an attempted murder case in Bayside. Police say a man remains in hospital with serious injuries after being stabbed multiple times. A 21-year-old is facing charges. For the story, see page 5. JEFF HARPER/METRO

No 'bigger motivator' than the Stanley Cup

'Black ace'

Bodnarchuk enjoys ride with champion Kings

Blueliner Andrew Bodnarchuk capped off his hockey season with a special boost.

The former Halifax Mooseheads captain got to step under the bright lights of the Staples Center on June 13 — two days after his 26th birthday — and hoist the Stanley Cup over his head alongside some of the game's biggest stars.

Just as Bodnarchuk's year with the Manchester Monarchs came to a close, the Los Angeles Kings called upon the team's American Hockey League affiliate to send up some "black aces," or practice players, to

help them on their road to NHL supremacy.

That included Bodnarchuk of Hammonds Plains, who was originally drafted by the Boston Bruins in the fifth round of the 2006 NHL Entry Draft.

From training off the ice and celebrating on it, the five young up-and-comers were alongside their Kings counterparts for the 2014 Stanley Cup journey.

"That last game, just before overtime started, one of the trainers came, grabbed all our gear and got our jerseys and socks," Bodnarchuk said Monday of his stand-out memories from L.A.'s 3-2 double overtime win over the New York Rangers.

"We watched the first overtime, and second overtime, and we were half-dressed in our gear in the dressing room," he recalled. "As soon as that goal was scored by (Alec) Martinez,

it was pure mayhem."

Although he was hesitant about lifting Lord Stanley himself, since as a younger guy "you don't want to step on any toes or be out of line," team veterans encouraged their black ace players to give it a go.

"I got to hoist it for a little bit there, and then it was into the dressing room for celebration time," Bodnarchuk said. "It was awesome; I'm really glad I did it."

For Bodnarchuk, getting a taste of a Stanley Cup victory is also an inspirational boost.

"I don't think there's any bigger motivator," he said.

KRISTEN LIPSCOMBE/METRO



Andrew Bodnarchuk



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A really, really bad trip

\$9M bust. Metro reporter's move from Calgary to Halifax waylaid by a record-breaking drug bust



RUTH DAVENPORT
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Most Canadians who have had to relocate from one point of our vast country to another know that a big move will come with at least one glitch.

In Kristen Lipscombe's case, the glitch came in the form of nearly \$9 million worth of hash, pot and heroin hidden aboard the moving truck that picked up all her worldly goods in Calgary on June 3.

"All you can do is laugh," said Lipscombe on Monday — her first day on the job as Metro Halifax's new sports reporter. "I have to have a positive attitude and look at it as another life experience and a really good story."

Lipscombe has moved several times in her life, so she wasn't entirely surprised when the truck didn't arrive in Halifax as scheduled last Thursday.

But the reason she got from the moving company the next day — Friday the 13th, no less — was a shock.

"It was literally, 'We have some not-so-great news for you,'" said Lipscombe. "My first thought was, 'There was some sort of accident, my stuff's all over the highway.'"

In fact, Lipscombe's stuff was safely aboard the truck but surrounded by boxes of pot and bricks of heroin.

It was all seized at the Edmonton airport by members



Kristen Lipscombe sits in her bare condominium in Halifax on Monday. She's been without her belongings since Alberta police seized her moving truck, which unbeknownst to her contained hash, marijuana and heroin. JEFF HARPER/METRO

Quoted

"I'm concerned about my personal belongings.... I don't know how they've been handled, I don't know if all my boxes have been opened and sorted through, if they've gone through my skivvies."

Kristen Lipscombe

of the Alberta Law Enforcement Response Team (ALERT), which found more drugs in a

storage facility.

Several men — one of whom itemized and signed

for all of Lipscombe's belongings in her Calgary condo — were arrested.

Lipscombe says it's a funny story in some ways but not in others.

"I have, obviously, individuals who shouldn't be trusted dealing with all of my personal belongings. It's disturbing," she said.

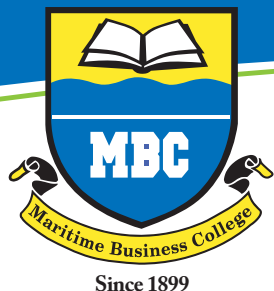
Information has been hard to come by, but it appears Lipscombe's goods have been

released and are on their way to Halifax.

She says she has enough to get by for a few days, but she is hoping her belongings arrive sooner rather than later — and with some kind of discount.

"Moving is one of the most stressful life events ... so add on the fact that my stuff is in the middle of some drug investigation, and that's the icing on the cake," she said.

1 NEWS



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Province 'likes the idea' of requiring better accessibility in new homes

Building codes. City committee hears that province and home builders are on board



RUTH DAVENPORT
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The province is moving to establish a committee to consider changing building codes in order to improve accessibility in new residential buildings, a city committee heard Monday.

HRM's manager of municipal compliance gave the accessibility advisory committee an update on proposed changes that would require lever-style doorknobs and faucets, wider doors and hallways as well as out-swinging bathroom doors in new homes.

Changing HRM's building code needs approval from a provincial minister, but Jim Donovan told the committee members that after his discussions with the province, the Nova Scotia Building Code Advisory Committee (NSBCAC) took action without a formal request from the city.

Little lost

"(It) changes nothing about the cost of the building; it just re-directs the mindset of the builder."

HRM's manager of municipal compliance Jim Donovan

"They like the idea. There's never been enough traction around this in the past," said Donovan, to a surprised and pleased reaction from the committee members.

Donovan said the NSBCAC voted last week to begin developing the terms of reference for a new committee focused specifically on building codes, which would include

representatives from HRM and the residential construction industry.

"There's always been some concern about the pushback from the residential housing sector," said Donovan.

"I've spoken to the (Nova Scotia) Homebuilders Association.... Their perspective is that as long as it's a rule that applies in the entire province,

we're good with it."

The committee could recommend letting HRM make the changes alone, or changing the provincial building code — though Donovan said it may not agree with all the recommendations.

"The province knows that HRM is 70 per cent of the construction driver in the province ... so they know our research is as good as it's going to get," he said.

"But certainly, they're not going to stand behind all our recommendations."

Donovan said city staff have compared Nova Scotia's

and HRM's building codes to those in British Columbia, Vancouver and Ontario to determine what "livability" requirements existed.

He said in those jurisdictions, elements like doorknobs, light switches, receptacle heights and plumbing rough-ins are governed in homes and all residential buildings, without any impact on the cost of construction.

"(It) changes nothing about the cost of the building, it just redirects the mindset of the builder," he said.

"It's really about changing the convention."



The outcry continues — stop cutting care to the vulnerable

Protesters set up for a group photo during a rally at the Sir Charles Tupper building on Monday at Dalhousie University in Halifax. Monday was the third annual National Day of Action to stop cuts to refugee health care. JEFF HARPER/METRO

'Hodor.' Get ready to dance with dragons as Game of Thrones actor lands in fall

Hodor is set to get Haligonians dancing up a storm this November.

Hal-Con, the city's annual sci-fi, fantasy and gaming convention, just announced Kristian Nairn as a guest for the Nov. 7 to 9 event.

Nairn, best known for his role as the loyal Hodor on HBO's Game of Thrones, is also

a well-known DJ and electronic music producer, Hal-Con notes.

According to a statement, Nairn will be participating in Q&A, autograph and photo sessions as well as DJing the final hour of the convention's dance.

Nairn was not available for comment, but Metro assumes he would happily say "Hodor."

METRO



Irish actor, DJ and music producer Kristian Nairn GETTY IMAGES FILE

Queens County. RCMP looking into death of man crushed by truck

Nova Scotia RCMP are investigating the sudden death of a man in Charleston.

Police say a 23-year-old Queens County man had been working underneath a box truck that had been jacked up when the truck shifted and landed on him.

The man was pronounced dead at the scene. The investigation into the Sunday after-

noon incident is ongoing.

Queens District RCMP were assisted at the scene by paramedics and firefighters.

The ongoing investigation will also include the Nova Scotia Occupational Health and Safety Division.

The name of the victim is being held pending notification of next of kin.

LIVERPOOL ADVANCE

Pictou County. Residents back at home following derailment of fuel train

Nova Scotia's Emergency Measures Organization says a small group of residents in Pictou County have been permitted to return home after a train carrying propane derailed last week.

Spokesman Don MacKenzie says residents returned to their homes in West River Station on Sunday.

Six homes were evacu-

ated June 9 as a precaution after seven cars went off the tracks, including six that overturned.

MacKenzie says cleanup is ongoing at the site.

The train is owned by the Cape Breton and Central Nova Scotia Railway.

West River Station is about 150 kilometres north-east of Halifax. METRO

Scheduling conflict. Wait for Brad Paisley concert increased by one month

Country star Brad Paisley has moved his Halifax concert date due to a scheduling conflict.

Paisley's show at the Halifax Metro Centre on Oct. 22 has been moved to Nov. 20, but all tickets purchased for the October show will be honoured on the new date, according to a release.

Refunds are available at the

place of purchase until Oct. 17.

Tickets for the Halifax show range from \$74.50 to \$124.50 and are available at the Metro Centre box office, participating Atlantic Superstores or at ticketatlantic.com and evenko.ca.

Paisley's show in Summerside, P.E.I., has also been moved from Oct. 23 to Nov. 19.

METRO

Police say dispute 'escalated' into stabbing of 51-year-old man

Bayside. Man charged with attempted murder and assault with a weapon



HALEY RYAN

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A 21-year-old man with a criminal background faces a number of charges, including attempted murder, after a late-night stabbing on Sunday.

Around 11:45 p.m., RCMP said they were called to an assault that happened in a home on Prospect Road in Bayside.

When officers arrived, they found a 51-year-old suffering from several stab wounds. He was taken to hospital where he is listed in serious condition.

"There was a dispute that escalated," said Halifax RCMP



Police were at the scene Monday in Bayside where a man was stabbed. JEFF HARPER/METRO

spokeswoman Const. Heidi Stevenson. "We're still trying to piece together what happened and why."

William Beckman faces 10 charges including attempted murder and assault with a weapon in relation to the

stabbing. He was arraigned in court Monday, and was remanded back into custody. Beckman is set to appear in court next on June 25.

Stevenson said both the accused and victim are known to one another, and reside in

the home.

Dorine Zinck said her family has lived in the home a few doors down from where the stabbing took place for nearly 40 years, but said "pretty much everybody" in the neighbourhood keeps to

themselves.

Zinck said she did not know the men who lived there but said they had moved in recently. She said having a violent crime committed in the area was unusual.

"It ... kind of shocks you.

In depth

Prior offences

Chris Hansen, spokeswoman for the Public Prosecution Service, said William Beckman was sentenced in May for other charges related to a November 2011 incident. Hansen said those charges included two counts of break-and-enter and committing offence, failure to comply with conditions and being at large on an undertaking.

You know it's a really quiet place we have here," Zinck said. "Years ago you knew everybody."

RCMP officers were on the scene Monday afternoon and had blocked off the blue house and property with crime tape.

Brass knuckles, drugs, seized in searches: Police

Three teens and a 48-year-old man are facing charges after police say they found everything from marijuana and prescription drugs to brass knuckles and a knife in separate searches.

The first search happened Friday around 9:45 a.m. as Halifax Regional Police officers stopped a car on Duke Street in Bedford.

Police say the driver and two passengers were arrested,

and a search of the car found marijuana, prescription pills and brass knuckles.

During a later search of a residence in the 6800 block of Regent Road in Halifax, police say they found more marijuana, prescription drugs, cash, drug paraphernalia and an illegal knife.

The 48-year-old man was arrested inside the home without incident.

One 18-year-old man

has been charged with two counts of possession of drugs for the purpose of trafficking, and one count of possession of a prohibited weapon.

Two other 18-year-olds, a man and woman, are charged with one count each of possession of drugs.

The 48-year-old faces two counts of possession of drugs for the purpose of trafficking, and one count of possession of a prohibited weapon. METRO

Dartmouth

Mental-health patient sought after leaving facility without permission

Capital Health says Halifax Regional Police are looking for a missing mental-health patient who was being treated in Dartmouth.

In a release issued Monday night, Capital Health says 59-year-old Gary Wright left without permission earlier in the day from what it would

only say was one of its facilities in Dartmouth. The release goes on to say that Wright's "clinical condition will deteriorate over time without treatment."

Wright is described as a white man with blue eyes and short, thinning, wispy grey hair. He is about five-foot-seven, 140 pounds with a slim build. He was last seen wearing a blue jacket and white shorts to his knees.

Capital Health says there is no picture available of the patient. METRO

Stellarton

Man goes to jail for assaulting woman

A 45-year-old Albertan man has been sentenced to six months in jail for assaulting an elderly woman and a police officer. Ruben James Andrews, who had been living in Stellarton for a few years in the same home as an 89-year-old woman, pleaded guilty Monday to the charge of assault causing bodily harm, assaulting a police officer and two charges of possessing illegal drugs. NEW GLASGOW NEWS

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Pictou Landing, province sign 'historic' agreement

Clean up. Government plans to end the flow of effluent into Boat Harbour by June 2015

By Monday afternoon, Pictou Landing First Nation Chief Andrea Paul looked as though a huge weight had been lifted from her shoulders.

After a difficult two-hour meeting with Pictou Landing community and Band members, the Band Council decided to accept and sign on to an agreement in principle with the provincial government that will see firm timelines on ending the flow of effluent into Boat Harbour by June 2015.

Paul and Environment Minister Randy Delorey signed the document Monday.

"(The) government is committed to cleaning up Boat Harbour," said Delorey. "Building trust among the First Nations community and the broader Pictou area community is going to take time. That's what this agreement is all about."

In return, the Band had to dismantle its blockade of the road leading to the site of the

Quoted

"I am pleased constructive work is underway, and I'm very optimistic that the province is on track to a solution that works for everyone."

Premier Stephen McNeil

effluent leak from Northern Pulp Nova Scotia Corp. near Indian Cross Point in Pictou Landing.

"This is a historic day," said Paul. "At the community meeting, the Elders spoke loud and clear. They are ready to trust the government once again and have asked us to take down the blockade. We have ended our protest."

Since the effluent leak was discovered last Tuesday morning, the mill has been in shut down mode. A peaceful blockade assembled after it was discovered that the leak was near First Nations burial grounds.

By late Monday afternoon, all but a handful of protestors had dispersed.

David MacKenzie, governmental affairs and communications manager with Northern Pulp said it's been a long



Elizabeth, left, and Leonard of Pictou Landing First Nation help to clear away the last traces of a six-day peaceful blockade on Monday. NEW GLASGOW NEWS

week for the company's workers and their families and is glad to see that they

can get on with repairing the pipe and starting up the mill again.

"We're happy to see this going forward," he said.

NEW GLASGOW NEWS

Boat Harbour

Good faith negotiations

Boat Harbour, a tidal lagoon within Pictou Landing First Nation, has been leased by the province to be used by Northern Pulp as an effluent treatment facility for the past 47 years.

With the signing of the agreement in principle, the government commits to enacting into law timelines on stopping the flow of effluent into Boat Harbour and the site's remediation by June 30, 2015.

"I have the personal assurance of the premier and Minister Delorey that the province is prepared to spend whatever it takes to make this happen," said Pictou Landing First Nation Chief Andrea Paul.

The agreement states that if a suitable agreement isn't reached by June 2015 after good faith negotiations, the province will pay the Band \$1 million.

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Cape Breton crossing guards set to protest

Letter to the editor

In a letter to the editor published in the Cape Breton Post, Cape Breton Regional Police Chief Peter McIsaac said the service's primary concern is safety, but added the crossing guard program needed adjustments, noting there are fewer school sites and students in the CBRM than was the case at amalgamation.

The union representing crossing guards in the Cape Breton Regional Municipality is planning a rally Wednesday in the hopes of getting the municipality to reverse a decision to cut crossing guard positions.

There are currently 58 full-time and 20 casual relief crossing guards. A full-time crossing guard's average annual salary is \$12,714.24. Last year, the crossing guard program, which is part of the police department budget, cost \$737,426.

The CBRM's recently approved budget includes the elimination of nine crossing guard positions, which

is expected to result in estimated annual savings of \$114,428.16.

The rally being organized by CUPE Local 761 will take place outside the Civic Centre in Sydney beginning at 4 p.m.

Local president Deborah Weeks said the union hopes anyone concerned about the impact that reducing crossing guard service may have on the safety of children as they walk to and from school will participate in the rally.

"We're hoping the crossing guards, parents, grandparents, kids," Weeks said.

The union has been distributing flyers in an effort to get the word out about the rally. **CAPE BRETON POST**

Woman's cellphone selfie video helps doctors diagnose stroke

Quick thinking. After being told attacks were due to stress, Toronto-area woman decides to record her next episode

It may be the most unusual — and quick-thinking — use of a smartphone selfie yet.

When Stacey Yepes lost all feeling on her left side while driving home after running some errands, she grabbed her phone and recorded herself to show doctors what had been happening to her.

The video shows Yepes describing her symptoms: The left side of her face is drooping and her speech is slurred, and she says she cannot move her left arm or leg.

It was not the first time she had experienced such a frightening loss of function.

A day earlier, Yepes had been in her Thornhill, Ont., condo watching TV after work when suddenly she lost feeling in her entire left side and she



Stacey Yepes poses for a photo in her home in Thornhill, Ont., on Monday. When Yepes lost all feeling on her left side while driving home after running some post-work errands, she grabbed her phone and videotaped herself to show doctors what had been happening to her. MICHELLE SIU/THE CANADIAN PRESS

couldn't lift her limbs.

Even though the symptoms dissipated, Yepes decided to go to the emergency department of a nearby hospital.

"I was scared. I kept thinking as I could hear myself speak

ing of all the (public service) announcements on the TV," she said. "And I thought, 'Oh, my goodness, this is a stroke.'"

But at the hospital, following a round of tests, the doctor told Yepes that her symptoms

were the result of stress.

As she was leaving the hospital three hours later, Yepes felt the numbness coming back. "And I stood there and I said, 'OK, this isn't stress.' I knew it wasn't, but I thought I

Quoted

"When we saw Stacey's videotape, we were all touched by it and absolutely convinced that her deficits were clearly because of a mini stroke, or a TIA."

Dr. Cheryl Jaigobin, neurologist at Toronto Western Hospital's Krembil Neuroscience Centre

had just been diagnosed. What am I going to do?"

She was fine all next day at work, until the episode while driving that prompted her to pull over and grab her phone.

"I think it was just to show somebody because I knew it was not stress-related. And I thought if I could show somebody what was happening, they would have a better understanding."

She got herself to Mount Sinai Hospital in downtown Toronto, where an ER doctor said he believed she had been experiencing transient ischemic attacks (TIAs), which are small but potentially serious strokes.

The physician referred her to the stroke unit at Toronto Western Hospital, where tests confirmed the diagnosis.

"We've never had a patient

do this before," Dr. Cheryl Jaigobin, stroke neurologist at the hospital's Krembil Neuroscience Centre, said of Yepes' video. "And I guess for a patient who wanted someone to believe her symptoms were real, it was absolutely incredible."

Yepes is participating in a stroke rehabilitation program and will continue to be monitored. She said the experience was a wake-up call she hopes others will take to heart.

As for her video selfie, "everybody is really shocked that I had the presence of mind to take it," she said. "When Dr. Jaigobin saw it ... she just couldn't believe that I even did that. So, of course, they warned me should any symptoms happen again, dial 911 first — and then do the video."

THE CANADIAN PRESS

Keystone isn't everything: Clinton

Washington's long-awaited decision to approve or reject the Keystone XL pipeline should not become a symbol of the relationship between the United States and Canada, former U.S. secretary of state Hillary Clinton said Monday.

Speaking in Toronto before a business crowd of roughly 1,800 people, Clinton said the controversial project — designed to move Alberta crude oil to the Gulf Coast — has become "a proxy for everything" as proponents and critics lock horns over its fate.

"However this Keystone decision is finally made, some people are going to be very happy, relieved and think it was the right decision — and some people are going to be distraught and even angry and upset, thinking it was a terrible decision," she said.

"I do not see it, though, nor should it be a proxy for the relationship. It is, after all, one pipeline. We already have a lot of pipelines that cross our border."



Former U.S. secretary of state Hillary Clinton discusses her new book *Hard Choices* in Toronto on Monday. NATHAN DENETTE/THE CANADIAN PRESS

American approval of the pipeline has been stalled in the U.S. while the Obama administration drops hints that Canada must do more on the environment.

The TransCanada Corp. project should be part of a wider discussion on energy and the environment, Clinton said.

"I do believe that both Canada and the United States can become even richer, more prosperous, but also more environmentally sustainable by having a broad engagement over energy and climate, and not focusing everything on this one decision."

THE CANADIAN PRESS

Hillary's Hard Choices

The former first lady was in Toronto to discuss her new memoir, *Hard Choices*.

- Many observers were hoping she might drop a few hints on whether she plans to run in the next U.S. presidential election, but she would only say she hopes to one day see a woman in the White House.
- Clinton has insisted she hasn't decided on a second bid for the presidency but over the course of her book tour so far she has made it clear she is giving it serious consideration.
- Clinton has said she finds the prospect of running for president compelling simply because it offers her the chance to help Americans find economic opportunities that elude them.

Interns. NDP hope new bill will put end to 'Wild West' exploitation of workers

The NDP is hoping to end the "Wild West" exploitation of unpaid interns with a new bill that would cap the hours an intern can work.

The private member's bill, introduced Monday by NDP MP Laurin Liu, would grant interns the right to refuse dangerous work and offer them protection from sexual harassment.

The NDP bill is limited to federally regulated workplaces, but it's better than having no protections at all, said Andrew

Cash, who is co-sponsoring the bill with Liu.

"There's many employers that take this very seriously, there's very good programs set up through universities and colleges," said Cash.

"But it is a bit of a Wild West out there in that ... if you are working at an internship program, you're at the whims of an employer who is not paying you. And sometimes that has turned in some cases tragic."

THE CANADIAN PRESS

Online privacy

New tool forces telecoms to disclose info they collect

Canadians concerned about online privacy have a new way to find out if their telecom provider is collecting information about them — and sharing it with third parties like government entities.

The new web tool, known as "Access My Info," helps create a formal letter which, under Canadian privacy law, telecom companies are legally obliged to respond to within 30 days, the website offering the tool says.

Canadians requesting the information fill out basic details about themselves and their telecom provider, and can do so confidentially, the website says. THE CANADIAN PRESS

Iraq insurgency. Canada ruling out military intervention, Baird says

Canada has ruled out any military participation in Iraq to help stem the tide of the rampaging Sunni insurgency.

Foreign Affairs Minister John Baird made that abundantly clear during question period Monday.

"We are committed to working with the Iraqi leadership," Baird said, before quickly adding, "I should point out that Canada has not been asked to participate in any military effort, nor is it something we are considering."

Canada is distancing itself from the Iraqi crisis as the Obama administration in Washington continues to grapple with a response to the attacks by the al-Qaida-inspired Islamic State of Iraq and the Levant.

The militant group is on the march toward Baghdad after overrunning the mainly Sunni cities of Fallujah, Mosul and Tikrit.

U.S. President Barack Obama has ruled out deploying U.S. ground troops, but the White House is considering other military options to aid the Shiite-led government, including possible air strikes.

Canada, meanwhile, has withdrawn its only diplomat from Iraq because of the deteriorating security situation.

A Foreign Affairs spokesman said security concerns forced Canada's acting charge d'affaires to leave Iraq on Sunday.

THE CANADIAN PRESS



A Shiite tribal fighter in Baghdad Monday. KARIM KADIM/ THE ASSOCIATED PRESS

Lac-Mégantic

Quebec seeks damages from insolvent railway

The Quebec government is adding its name to a list of creditors seeking money from the insolvent railway company at the heart of the Lac-Mégantic train disaster.

The government said Monday that it is seeking \$409 million from the Montreal, Maine & Atlantic Railway for expenses incurred and yet to come that stem from the July 6, 2013, tragedy, in which 47 people were killed.

The government said it has already spent \$126 million in public funds and suggests that future costs relating to the rebuilding of Lac-Mégantic could be in excess of \$283 million.

THE CANADIAN PRESS

Europe unaffected

Russia halts flow of natural gas to Ukraine

Russia halted natural gas deliveries to Ukraine on Monday, spurning Ukraine's offer to pay some of its multibillion-dollar gas debt and demanding upfront payments for future supplies.

The decision, coming amid deep tensions over eastern Ukraine, does not immediately affect the crucial flow of Russian gas to Europe.

Ukraine has enough reserves to last until December, according to the head of its state gas company Naftogaz.

Previous gas disputes left Ukraine and some Balkan nations shivering for nearly two weeks in the dead of winter.

THE ASSOCIATED PRESS



A man observes the remains of destroyed vehicles and buildings on Monday in the town of Mpeketoni, about 100 kilometres from the Somali border on the coast of Kenya, following an attack by dozens of Al-Shabab militants. THE ASSOCIATED PRESS

Al-Shabab militants kill 48 in Kenyan coast town

Tourists warned off. Islamic extremist attacks on the rise in country once viewed as bastion of stability in East Africa

The gunmen went door to door in the Kenyan town, demanding to know if the men inside were Muslim and if they spoke Somali. If the extremists did not like the answers, they opened fire, witnesses said on Monday.

Al-Shabab, a Somali group linked to al-Qaida, claimed responsibility for the hours-long assault on the coastal community of Mpeketoni, where 48 people were killed.

The attack began Sunday as residents watched World Cup matches and lasted until early Monday, with little resistance from Kenya's security forces.

After daybreak, Kenyan troops and residents stared at the bodies lying on dirt streets by still-smouldering buildings. Two hotels and many vehicles were set on fire.

The attack highlights the growing incidence of Islamic

extremist violence in a country once seen as the bastion of stability in East Africa, drawing tourists from around the world.

The merciless life-or-death religious assessment recalled al-Shabab's attack on an upscale mall in Kenya's capital, Nairobi, last September in which at least 67 people were killed, some of them after not being able to answer questions about Islam.

The Interior Ministry said that at about 8 p.m. Sunday, two minivans entered the town. Militants disembarked and began shooting.

At the Breeze View Hotel, the gunmen pulled the men aside and ordered the women to watch as they killed them, saying it was what Kenyan troops are doing to Somali men in Somalia, a police commander said on condition of anonymity because he was not authorized to speak about the attack.

Kenya has experienced a wave of gunfire and bomb and grenade attacks in recent months.

The U.S., U.K., France, Australia, and Canada have all recently upgraded their terror threat warnings for the country.

THE ASSOCIATED PRESS

'Sprayed them with bullets'

Man's two brothers killed as he watches

Al-Shabab says it attacked the town of Mpeketoni Sunday because of Kenya's "brutal oppression of Muslims in Kenya," including the killings of Muslim scholars in Mombasa.

"They came to our house at around 8 p.m. and asked us in Swahili whether we were Muslims. My husband told them we were Christians and they shot him in the head and chest," said resident Anne Gathigi.

John Waweru said his two brothers were killed because the attackers did not like that the brothers did not speak Somali.

"My brothers who stay next door to me were killed as I watched. I was peeping from my window and I clearly heard them speak to my brothers in Somali and it seems since my brothers did not meet their expectations,

they sprayed them with bullets and moved on," said Waweru.

Interior Minister Joseph Ole Lenku said the attackers fled into the nearby wilds, known as the Boni Forest after a "fierce exchange of fire" with security forces.

At a news conference, Ole Lenku was put on the defensive about the government's security record after a string of attacks.

Kenya's deteriorating security situation and travel warnings from foreign embassies have hit the country's tourism sector.

The region saw a spate of kidnappings of foreign tourists in 2011 that Kenya said was part of its motivation for attacking al-Shabab in Somalia.

Since those attacks and subsequent terror warnings, tourism has dropped off sharply around Lamu, a UNESCO World Heritage Site and the country's oldest continually inhabited town.

Mpeketoni is about 30 kilometres southwest of Lamu.

THE ASSOCIATED PRESS

hitchBOT: The robo-charmer

This summer.

This robot will be programmed to be so charming that drivers will give it a ride



THANDI FLETCHER
Metro in Vancouver

If you see a Wellington boot-wearing robot with garden gloves for hands on the side of the road this summer, don't be afraid to pull over.

It's only hitchBOT, the hitchhiking robot who will be attempting to bum rides across the country one car at a time. The robot, departing on its coast-to-coast journey from Halifax July 27, will rely only on its hitchhiking arm and ability

to charm drivers into giving it a lift in its goal to reach Victoria, B.C.

"It is quite cute," said Frauke Zeller, hitchBOT co-creator and assistant professor in Ryerson University's School of Professional Communication.

Still in the process of being made, hitchBOT will consist of various household items, like pool noodles, a bucket, a cake saver, garden gloves and Wel-

lies, with a built-in child car seat attached. The robot has been programmed to be so charming that drivers will give it a ride. The robot's creators hope to answer the question of whether robots can trust humans by sending it hitchhiking. It will be placed on the side of the road where it will stick out its thumb. Follow the journey on Twitter and Instagram at @hitchBOT.



An artist's rendering of hitchBOT, the hitchhiking robot. CONTRIBUTED

China. Ai Weiwei says his legs as guns meme was about overuse of power

Days after sparking a new Internet meme with photos of people brandishing their legs as guns, Chinese dissident artist Ai Weiwei said Monday that his original posting on Instagram was a statement about the overuse of power in fighting terrorism.

China is in the midst of an anti-terror campaign prompt-

ed by several high-profile attacks on civilians over the past year blamed on Muslim militants from the country's far western Xinjiang region. Scores of people have been arrested in Xinjiang, security on subways has been tightened and many local police are now carrying guns for the first time. **THE ASSOCIATED PRESS**



On Instagram, Ai Weiwei aims his leg as a rifle. AI WEIWEI/THE ASSOCIATED PRESS

Maine

Gun tattoo and the real thing, too

A man with a realistic-looking tattoo of a gun on his stomach had the real thing tucked into his waistband when he was arrested.

Michael Smith, 41, told police he'd stolen prescription narcotics from an ex-girlfriend.

He was charged with stealing drugs, and his gun was confiscated.

He was released from jail on \$1,000 bail. He couldn't be reached for comment. Madison police said Smith isn't facing any gun charges.

THE ASSOCIATED PRESS

Florida

Big guy hid drugs under fat: Cops

A man who weighs 200 kilograms faces charges, after Florida police say he hid cocaine and 23 grams of marijuana under stomach fat.

A sheriff stopped a vehicle because the passenger wasn't wearing a seat belt. When the occupants of the vehicle seemed nervous, the officer called for a police dog.

The animal detected the drugs and Christopher Mitchell, 42, and the driver were arrested.

Police say they also found a gun and \$7,000 in cash. **THE ASSOCIATED PRESS**



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Starbucks brews up tuition subsidy for undergrad baristas

Job perks. Company to subsidize tuition for U.S. employees who choose online courses at Arizona State; could expand internationally

Starbucks is giving its baristas a bargain on an online college degree.

The company is partnering with Arizona State University to make an undergrad education available at a steep discount to 135,000 U.S. employees who work at least 20 hours a week. Workers can choose from 40 educational programs, and they won't be required to stay at Starbucks after earning the degree.

For freshman and sophomore years, students would pay a greatly reduced tuition after factoring in a scholar-

ship from Starbucks, ASU and financial aid, such as Pell grants. For the junior and senior years, Starbucks would reimburse any money that workers pay out of pocket.

That means employees who already have two years of college under their belts would be able to finish school at no cost.

Tuition reimbursement is a rare benefit for low-wage workers in the retail industry. In 2010, Wal-Mart Stores Inc. started offering partial tuition grants for workers at American Public University, a for-profit, online school.

Starbucks already has a program that reimburses workers for up to \$1,000 a year at City University of Seattle or at Strayer University. Starbucks says that will be phased out by 2015 in favour of the new program, which is far more generous.

THE ASSOCIATED PRESS



Starbucks barista Linsey Pringle prepares a cup of coffee at a Starbucks Corp. store in Seattle. Starbucks on Monday announced a new partnership with Arizona State University to make online degrees available to its 135,000 U.S. employees who work at least 20 hours a week. TED S. WARREN/THE ASSOCIATED PRESS FILE

Looking ahead

- Cliff Burrows, head of the Americas for Starbucks, said he hopes the program will encourage other companies to offer similar benefits. He added that Starbucks plans to look at expanding the educational perks to workers overseas.
- The Seattle company doesn't know how many of its workers will apply, and it isn't saying how much the program might cost. Tuition for an online degree at ASU is about \$10,000 a year, although it can vary depending on the program. Many Starbucks workers would likely qualify for a Pell grant, which can be worth as much as \$5,730.

Ill-timed bet costs Greenpeace \$5M

Greenpeace has suffered a \$5.2 million US loss on an ill-timed bet in the currency market by a well-intentioned — if reckless — employee in its finance department.

The environmental group, which is based in Amsterdam, said Monday the employee —

who had bet the euro would not strengthen against other currencies in 2013, when it did — had acted beyond the limits of his authority.

Greenpeace International fired the employee, whom it did not identify, but said there was no evidence of fraud.

"Every indication is, this was done with the best of intentions but not the best of judgment," said spokesman Mike Townsley. He said the organization was deeply concerned that the incident would offend its supporters, and apologized.

THE ASSOCIATED PRESS

Cutting its losses

- The group said it would absorb the loss by cutting planned investments in "infrastructure."

Market Minute

DOLLAR
92.24¢
(+0.13¢)

TSX
15,040.43 (+38.82)

OIL
\$106.90 US (-1¢)

Natural gas: \$4.71 US (no change)
Dow Jones: 16,781.01 (+5.27)

GOLD
\$1,275.30 US (+\$1.20)

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Contact Byron at 902.830.8736 or byron.corkum@metromitsubishi.net

Take in some toms

Tattoo features a mix of gymnastic, dance, instrumental and choir performances

This year's Royal Nova Scotia International Tattoo will run from July 1 to 8. As always, people can expect a fun, fast-paced show and world-class entertainment.

The Tattoo is the world's largest annual indoor show and it has developed an international reputation for its quality. As a result, it gets requests from groups across the world who would like to perform in it.

The lineup for this year features a mix of some old favourites, as well as new acts. Some of the old favourites include The Flying Grandpas, a gymnastics group from Hamburg, Germany, which has been in existence for 50 years. Associate producer Jim Forde says this group is the most popular Tattoo act. The group has been performing at the Tattoo for 25 years, although it hasn't performed every year.

Top Secret Drum Corps from Switzerland is regarded as being the best in the world for what it does and is performing this year.

Local performers include the Nova Scotia Irish Dancers, Nova Scotia Highland Dancers, three choirs and two soloists.

Shows will run daily, although the shows taking place on July 1, 5 and 6 are all matinee shows with a showtime of 2:30 p.m.

As always, the show combines a taste of Nova Scotia, as well as some more modern touches.

The bagpipes, highland dancers, Acadian culture and military traditions will all be on



Top Secret Drum Corps is from Switzerland and is regarded as being the best in the world for what it does. CONTRIBUTED

full display, but there will also be innovative acrobatic acts, modern music, contemporary dancing, trampoline routines and cutting-edge videos which will captivate people.

The cast of the Tattoo includes people of all ages and backgrounds, including military, police and civilian performers.

Tickets can be purchased online at ticketatlantic.com.

BEHIND THE SCENES OF TATTOO

Between the performers and the behind-the-scenes organizers, it takes close to 2,000 people to put on the Royal Nova Scotia International Tattoo.

"It takes a lot of organization," says Jim

Forde, the show's associate producer.

The Tattoo even has regional contacts from countries such as Australia, Belgium, France and Germany who play a role in helping put the show on.

EXTRA CONCERTS AND PARADES

The Royal Nova Scotia International Tattoo is much more than the eight shows it puts on at the Halifax Metro Centre.

The Tattoo festival also includes a series of free, noon-time concerts, parades and performances which take place throughout HRM.

One event worth seeing is the Sobeyes Tattoo Canada Day Parade. The annual parade features the entire cast, who will go through the heart of the city. It usually attracts more than 100,000 revellers.

Jim Forde, the Tattoo's associate producer, says the festival provides a great opportunity for people to see what the Tattoo is about.

People will get to see "a little snippet of what you'd expect to see in the Metro Centre."

It's history in the making

The Royal Nova Scotia International Tattoo has become a staple of Nova Scotian culture and a well-known piece of its identity. What makes this even more remarkable is that the first Tattoo was scheduled as a one-off event with no ambitions beyond that first night.

It was 1979 and the International Gathering of the Clans was being held here. It was the first time the event had been held outside of the United Kingdom. Queen Elizabeth was invited to open this gathering, so as a way of rounding out her activities to partake in while here, the idea was hatched to hold the Tattoo.

The reception to the Tattoo was so positive that the one-off performance was held over and two more performances took place.

As they say, the rest is history and 35 years later, the Tattoo is enormously popular. Today's shows run for 2.5 hours, whereas the original one ran for 1.5 hours.

Jim Forde was a performer in the first Tattoo. He was a tuba player in the Stadacona Band. Today, he serves as the associate producer of the show. Forde thinks there are a number of reasons why the show continues to resonate with people.

"It offers good, wholesome family entertainment, and it shows pride in being

Canadian and Nova Scotian," he says.

After watching a show, it helps add a spring to people's steps.

"It's a feel-good show," says Forde. "When you walk out of it, you feel taller and you walk straighter. I think it just instills the feeling of pride in people."

One other reason for its enduring popularity is the variety of the show. "If there's something you don't like, wait four minutes and there'll be something that you will like," says Forde.



The Tattoo has always demonstrated pride in being Nova Scotian. CONTRIBUTED

#NOFILTER #PRENUP #BADIDEA

Recently engaged couple Alan Linic and Claire Meyer are experts when it comes to PDA: publicly displaying arguments. The pair has been documenting their fights from their shared Twitter account aptly named @WeFought-About since August 2013. The feed — which now has over 21,000 followers — offers a humorous glimpse into the mundane reasons behind the couple's domestic squabbles including disagreements over television shows, haircuts and computer passwords.

While Linic and Meyer are happy to broadcast their quirky romantic quarrels to thousands of followers, most of us have a bit more restraint when it comes to sharing our personal lives online. Some couples are even going so far as to draw up formal contracts to govern what they can and can't post about each other online.

We might be living in a digital world but I think couples need to exercise a little common sense regarding social media



SHE SAYS
Jessica Napier
metronews.ca

etiquette. Uploading an unflattering photo of your fiancé to Facebook is pretty thoughtless, but it isn't exactly a relationship deal-breaker and it shouldn't require legal intervention.

And yet an increasing number of couples are turning to third-party experts to help them navigate their expectations concerning online behaviour.

New York-based attorney Ann-Margaret Carrozza appeared on a recent episode of Good Morning America to discuss the rise of social media clauses in prenuptial agreements. Customizable lifestyle contracts are designed to prevent partners from posting private, embarrassing or potentially incriminating content about one another on social networking sites.

The consequences for individuals who violate the behavioural prerequisites outlined in a prenup can range from simple punishments, like doing the dishes, to more serious penalties such as fines up to \$50,000, Carrozza said.

Whatever happened to communicating with your significant other openly and honestly? If you need to hire a professional to draw up a legally binding document to regulate what sort of content you can share about one another on the Internet, then you might want to consider whether or not your relationship is even ready for the next step.

Unless you're a Kardashian, you should understand that some parts of your private life should remain private.

Stop fretting about your fans and followers and remember that real relationships take place offline. Live-tweeting your romance shouldn't trump your partner's privacy concerns. While lawyers might be required to help negotiate some aspects of an upcoming marriage, complicated social media prenups shouldn't be one of them. Forget the hefty legal fees and just have an upfront conversation with your partner about your personal expectations and boundaries.

And remember to think twice before you Snapchat that sexy bedtime photo or tell off your mother-in-law on Twitter.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Rhinasserous friends



Rhinoceros Manuela and her donkey friend hang out at the Tbilisi Zoo, Georgia on Monday. The zoo keepers tried to help Manuela by putting the donkey in the same cage. The strategy worked and the animals have been living peacefully together since. SHAKH AIVAZOV/THE ASSOCIATED PRESS

Bummed out rhino cheered up by new donkey buddy

Animals in the zoo in Georgia's capital are not allowed to be lonely, even if it means they end up with rather unusual companions.

A female rhinoceros called Manuela has made friends with donkeys, after failing to hit it off with either zebras or goats, while a lion cub neglected by his mother has bonded with a puppy.

THE ASSOCIATED PRESS

Not quite lion and lamb, but pretty close

Tbilisi Zoo spokeswoman Mzia Sharashidze said Manuela got depressed after the death of her mate and became aggressive toward her caretakers.

They tried putting zebras in her enclosure, but they only returned the aggression. Then they tried goats, which ran away. But the donkeys had an instant calming effect.

Nearby, lion cub Shamba lives happily with a puppy.

THE ASSOCIATED PRESS

A friend in need

- Donkeys are well known on farms for having a calming effect on livestock. At weaning time a donkey can help ease the trauma of a foal being separated from its mother. The donkey has a relaxing influence on the foal and willingly takes on responsibility for its well-being. Donkeys also make good pals for grown horses recovering from injury or surgery.

SOURCE: DONKEYANDMULE.COM

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 13 in Life and page 18 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

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3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Drone smackdown



ANDREW FIFIELD
andrew.fifield@metronews.ca

So if you're anything like us, this is the first time you've seen a hostile crowd take down a drone with whatever means available, before proceeding to smash it to pieces.

But, it's pretty safe to bet it won't be the last as the skies fill with the buzz of unmanned aerial surveillance. And an arsenal of promotional T-shirts won't be an adequate weapon set for long.
(Runnerazzi/YouTube)



METRO PHOTO ILLUSTRATION

DVD review



The Grand Budapest Hotel

Director. Wes Anderson

Stars. Ralph Fiennes,
F. Murray Abraham,
Adrien Brody

Eight features into a career of artisanal whimsy, Wes Anderson has "baked" his masterwork with *The Grand Budapest Hotel*, one of 2014's best films. Every carefully arranged image is a visual treat and a comic delight.

Through the pink-frosted doors of the title retreat pass many familiar faces from Anderson's previous films — people like Bill Murray, Owen Wilson, Tilda Swinton, Jason Schwartzman and Bob Balaban. But the most engaging and amusing of them is new to Anderson's antics: Ralph Fiennes.

He's Monsieur Gustave H., the concierge of the Grand Budapest, a man of fastidious manner and reckless charm. Gustave's favourite guest is octogenarian Madame D. (Swinton), who adores him — and who wouldn't? But she fears treachery as she prepares to return to her grasping son Dmitri (Adrien Brody) and other ungrateful offspring.

There's an undercurrent of melancholy to *The Grand Budapest Hotel* that indicates how far Anderson has progressed from the studied irony of his early films. **PETER HOWELL**

The Antlers need just a little bit of patience

Familiars. Singer Peter Silberman talks how slowing down tempos helps him to be present in the moment

PAT HEALY

Metro World News in Boston

The Antlers have created a world where a cheerful mariachi horn can be right at home with classic soul chord progression and the heady dystopian plodding of Pink Floyd.

"I've been listening to Pink Floyd for so long that I'm sure it's in there in a permanent way," says singer and guitarist Peter Silberman.

On *Familiars*, the band's third official album as a multi-member concern (Silberman released several bedroom-recorded cassettes under The Antlers moniker in the beginning) the one thing that unifies all of these disparate sonic elements is patience.

"That's become my way of attempting to be present in songwriting," says Silberman of the careful pace that defines the album, "and musically, I think that playing music is a much more present activity for me, and part of the reason that I tend to lean toward slower tempos is to negate the rush to the finish line. You know how when a song starts and it's kind of catapulting towards the end of it? It's something that lately I haven't been interested in at



The Antlers' third official album as a band is called *Familiars*. MARC LEMOINE

all. I think you miss everything that happens in between with that approach. I enjoy patience in music and I enjoy trying to cultivate that for myself."

Silberman says that the other members of the band not only exercise patience when they're playing, but also when the singer is revising lyrics right up to the deadline. "Through the last days of recording, I was still changing words," he says.

Although he is able to keep himself at a slower tempo when recording his words, he does speed up when he speaks about it, still obviously excited to discuss the music.

Quoted

"There is no such thing as perfection, and I was thinking of it as some sort of puzzle, and I wanted it to be a puzzle where all the pieces fit together perfectly."

The Antlers' singer and guitarist Peter Silberman

"I wanted it to be the truest album, but I think reaching some sort of state of ultimate truth is kind of impossible and I learned that over the course of this," he says. "There is no such thing as perfection, and I was thinking of it as some sort of puzzle, and I wanted it to be a

puzzle where all the pieces fit together perfectly. And I kind of just drove myself crazy trying to make that happen, and I got as close as I could get, but there's really no way to do it, since by nature of being human it's going to be flawed, and have pieces that don't quite fit together."

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Weeknights at 6 KB counts down the HOTTEST songs of the day

TOP SIX@6

- 6 Sam Smith Stay With Me
- 5 Iggy Azalea ft Charlie XCX Fancy
- 4 Ed Sheeran Sing
- 3 DJ Snake ft Lil John Turn Down For What
- 2 5 Seconds of Summer She Looks So Perfect
- 1 Ariana Grande ft Iggy Azalea Problem

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2 SCENE

Kristen wants Moore from her relationship with Demi

Kristen Stewart has her sights set on Demi Moore as a co-star and potential new BFF, according to Star magazine. "Kristen is making serious noise about be-friending Demi, whom she's worshiped for years, and convincing her they should play a mother-daughter team in a new action comedy," a source says, explaining that Stewart thinks a film pairing "will help both their careers and somewhat depressing public images." Plus, it will help her attain a lifelong dream of working with the Indecent Proposal star. "It's been a long-held dream of Kristen's to star in a movie with Demi. She's been a fan of hers for a good 15 years and is on the hunt for a fun action role for her and Demi," the source says. "Demi's very receptive to working with Kristen, but it will all depend on what scripts she can muster."

METRO DISH

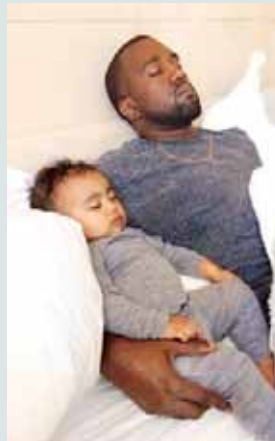
OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

AdorbZzz photo makes us momentarily forget that Kanye West is Kanye West

MELINDA TAUB
Metro World News

Kanye West's ego is dwarfed only by his talent. In everything he does — music, fashion, general celebrity-ness — he pushes himself to be the very best. So of course if Kanye West takes a nap, it's going to be the very best nap of all time.



Kanye proved his domination at the nap game this weekend. Sunday was Father's Day and also happened to be the first birthday of North West, Kanye's daughter with

his new wife Kim Kardashian. Kim snapped the above pic of her family, snuggled up together for a ridiculously cute Dad's Day snooze.

"This is what life is about! Our baby girl turned 1 today! We played so hard they passed out while we were watching the game! Happy Father's Day to the best daddy in the world! The way you love our daughter and protect her makes me filled with so much love!" Kim captioned the photo on Instagram.

I hope Kanye continues to make fearless, groundbreaking music. However, if he does not — if he produces nothing but, say, a coffee-table book, filled with photos of him and North napping in matching outfits, dreaming of ba-bas and rap domination — would that be so bad?

Peace out, Potter: Radcliffe relishing life with a little less Harry



Daniel Radcliffe GETTY IMAGES

Daniel Radcliffe isn't living under the shadow of the Harry Potter franchise as much anymore, and he's thrilled about that. "People don't shout Harry Potter at me now. They tend to know my name, which is lovely," he tells Sky Arts.

"But I will always credit the opportunities I got from Harry Potter. I would not be a happy person if I was bitter about those 10 years of my life." Speaking of being happy, a big part of that for Radcliffe includes giving up alcohol, which

he did in 2010, and dodging the anxiety being a successful child actor can bring.

"I would have benefited from not drinking as it was not making me as happy as I wanted to (be)," he says. "It is not a real pressure, but it is a pressure of living with the thought, 'Oh, what is (it with) all these people saying I am not going to have a career? What if they are all going to be right, and will be laughing, and I will be consigned to a bunch of 'Where are they now?' lists?"

Bounty Domestic Short Hair

Beautiful 3-year-old Bounty came into our care as a result of a seizure; a situation where she wasn't receiving adequate care. She has never really been exposed to loving, focused attention from people. However, she is now realizing what it's like to be loved and is responding well to this new world opening up for her. She may appear a tad cautious at first but she quickly comes out of her shell. Bounty needs an adopter who is extra patient and sees her inner beauty as we do. **Please visit dear Bounty today.**



For more information on Bounty and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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JUNE 19-29, 2014

Scan the photograph below with your Metro News app to remind yourself how Shakira's hips just don't lie.

It's the workout that doesn't lie



Want a waist like Shakira? Try this workout. CONTRIBUTED

Celeb routine.
Shakira's personal trainer shows us how to banish the bulge

ROMINA
MCGUINNESS
Metro World News in London

"Most people crave that V-shaped torso: that slight indentation that stops your upper body from being a straight line, which is what

you end up with if you do too many straight up crunches," says Anna Kaiser, superstar Shakira's personal trainer.

"You'll change the way that your muscles are shaped, sure, but you also need to mix it up with some cardio if you want to build strength," Kaiser says. "Also, don't think you can just do this workout and then run to the store and celebrate with a greasy treat and soda!"

Want to sculpt your waist? Do this workout five times a week — if you can!

1. SKI PLYOS

From plank position, jump both legs toward your left hand, then jump toward your right hand. That's one rep. Repeat jumping from side to side, trying to lift your hips into the air between landings. Do 10 reps.



2. SUPINE SWISS TWIST

Place a swiss ball between your legs and lie down on your back (legs extended towards ceiling). With your hands out in a T position and keeping your legs straight, lower your legs toward the floor (about halfway), and rotate the ball to the right, rotate back to centre, and then lift the legs back to the starting position. Repeat on the left. Do 10 reps.



3. JACKKNIFE WITH A TWIST

Stabilize in a plank position, with your shins on the swiss ball. Press down into the ball with your shins as you lift your hips toward the ceiling and bend your knees toward your chest. Aim your knees toward your left shoulder (twisting in your mid-section) as you finish bringing your knees toward you (feeling your obliques kick in). Return to plank and repeat on the right. Do 10 reps.



4. DOUBLE TAP OUTS

Start in a plank position on the floor. Tap your right toe out to the side at a 45-degree angle (keeping your right hip parallel to the floor). Then bend your knee and tap your right toe as close to your right shoulder as possible. Return to plank and repeat on the left. Do 10 reps.



5. TWISTING SIT UP

Lie down on your back, arms extended straight overhead on the floor. As you come all the way up to sit on your booty, lift your right knee toward your chest and twist toward the leg as you come into the seated position (arms come out to the side, spine straight). Lower back down. Repeat on the left. Do 10 reps.



6. SIDE PASSE DIP

Position yourself in a side plank, supporting your body with your left arm. Anchor your right foot on the floor, bend your left leg, and hold your left foot to your right knee (in passe). Maintaining that position, try to dip your left hip to tap the floor and come back up again. Do 10 reps.



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Colourful spice gives your pan-fried fish cancer-fighting coating

Health Solutions

Healing inflammation never tasted so good



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Turmeric is the ingredient in most curry powders that will stain your fingers, counters and plastic containers.

It has also been intensely studied and is widely accepted as a potent anti-inflammatory food. Inflammation is believed to be at the root (Get it? Turmeric is a root!) of many diseases like arthritis, dementia and heart disease. The bottom line is that you want more of the foods that reduce the pressure of living.

Adding turmeric daily is simple. It doesn't have a strong flavour and hides itself well in other spices.

- Add a pinch to your morning smoothie, and it will go relatively unnoticed by your taste buds.

- Include it in curried egg salad,

frittatas or omelettes.

- Sprinkle into your salad dressing for lunch.
- Stir in as an invisible but nourishing addition to red or yellow soups or tomato sauces.
- Mix into spice breads, muffins or even cookies

Turmeric is available as a supplement but it is also available as a powder that can be packed manually into empty gel capsules for 1/100th of the price. Ask your doctor before adding this, though. It can enhance the efficacy of other blood thinning drugs. It is just that good!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



START TO FINISH
12 MINUTES

This recipe serves four. COURTESY THERESA ALBERT

FLASH FOOD



From your fridge to your table in 30 minutes or less

Fish, no matter how you slice it, is a superior protein. What fat it contains is the omega-3 good kind that lubricates your joints. Plus it is quick to cook.

The added bonus with this Pan-Fried Turmeric Fish is

that it is "breaded" in a whole wheat/turmeric coating.

Together, they create a crispy crust that is delicious, yes, but the real benefit is that turmeric is a potent anti-cancer spice that is also making good news headlines.

1. Beat egg in a shallow bowl with 1 tbsp of water.

2. Mix together turmeric, whole wheat flour, sea salt and white pepper in a separate bowl.

3. Dredge fish in egg and then set into turmeric-flour mixture, turning to coat.

4. Warm a large skillet over medium-high heat and add butter and oil. Quickly add the coated fish.

5. Cook for 2-3 minutes and turn once to cook through for 2-3 more minutes. Set fish onto paper towel to absorb any excess fat. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE**

IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 egg
- 2 tbsp turmeric
- 2 tbsp whole-wheat flour
- 1/4 tsp sea salt
- 1/4 tsp white pepper
- 1 lb catfish fillets or other firm white fish
- 1 tbsp butter
- 1 tbsp grapeseed oil



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Bouncing her way into N.S. Sport Hall of Fame

Theresa MacCuish. Basketball standout will be one of seven inducted in November

KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

Putting a basketball in Theresa MacCuish's hands puts a sparkling smile on her face.

The easy way she handles it, instinctively moving it from side to side, giving it a little spin in front of the flashing cameras, and it's clear the Canadian-made sport is second nature to MacCuish.

"From my first bounce of the ball, I just loved it," MacCuish said Monday, shortly after the Nova Scotia Sport Hall of Fame announced she and seven other inductees will be honoured as the province's best Nov. 1 at the World Trade and Convention Centre.

MacCuish graduated from St. Francis Xavier University in Antigonish, where she now lives with her young family, as the all-time leading scorer in Canadian Inter-university Sport women's basketball, collecting 2,111 points in 91 games.

She was rookie of the year regionally and nationally, named the university's female athlete of the year four times and led the X-Women to their first Atlantic University Sport title in 1997.

For MacCuish, basketball is more about passion than points; teams than titles.

"I like the team aspect of playing with the girls," she said of getting to take



Theresa MacCuish at the Nova Scotia Sport Hall of Fame on Monday. NICK PEARCE/CONTRIBUTED

Quoted

"My mom liked it and my dad liked it, because it kept us out of trouble, when you're playing basketball." Theresa MacCuish

the court alongside her best friends, starting off at a YMCA camp while growing up in Balls Creek, Cape Breton, and later playing for six years with the London Amazon of the National Basket-

ball League of England.

"And winning," said MacCuish, who despite the friendly demeanour, still has that competitive edge, which runs in the family. Her husband, Trevor Reddick, was inducted two years ago with the 2001 King of Donair Men's Soccer Club, the first Nova Scotia squad to win a national championship.

As for what game their kids — Theodore, 5, Tessa, 2, and Talya, three months — will take up, it's anyone's guess.

"That's what I want for

2014 Nova Scotia Sport Hall of Fame Inductees

1998 Truro Bearcat Hockey Club (team — hockey)

Dr. Cathy Campbell (builder — soccer & track and field)

Anthony Hall (builder — canoe and kayak)

Kevin Dugas (athlete — golf)

Scott Fraser (athlete — stock car racing)

Theresa MacCuish (athlete — basketball)

Richard G. Munro (athlete — track and field)

Ken Poole (athlete — badminton)

my kids — to keep playing sports," MacCuish said.

"It's such a great way to go through life."

Hernandez challenges evidence in murder case

Aaron Hernandez's attorneys on Monday sought to have a murder charge dismissed, saying prosecutors don't have enough evidence to tie the former New England Patriots' star to the murder of a semi-professional football player.

Prosecutors countered that they can show Hernandez was with Odin Lloyd when he was shot and that Lloyd's killing was part of a pattern of Hernandez committing acts of violence following nightclub

Quoted

"You can't throw a bunch of stuff at the wall and say, 'Well, that's good enough.'"

James Sultan, Aaron Hernandez's defence attorney, called the prosecution's evidence "woefully lacking."

disputes.

Also Monday, the former tight end pleaded not guilty to charges that he attacked a handcuffed inmate and threatened to kill a guard and his

family while at a county jail in Dartmouth.

Hernandez faces murder charges in Lloyd's June 17, 2013, slaying, as well as a separate case in which he is ac-

cused of gunning down two men in Boston in July 2012. He has pleaded not guilty in each case and is being held without bail.

Judge E. Susan Garsh will rule at a later date on the motions to dismiss the Lloyd murder charge and to suppress certain evidence gathered by the state, including cellphone records and surveillance video from dozens of cameras at Hernandez's North Attleborough home. **THE ASSOCIATED PRESS**



Aaron Hernandez GETTY IMAGES FILE

4 SPORTS

Scan the image with the Metro News app to see the Kings party with the Stanley Cup.

Payback. Ousted twice by Ghana, U.S. wins at last

Clint Dempsey scored one of the fastest goals in World Cup history and John Brooks scored the game winner on a header in the 86th minute of a 2-1 U.S. victory over Ghana, which had knocked the Americans out of the previous two World Cups.

Dempsey's goal came on a low shot just 32 seconds into the match. The lead held until Ghana's Andre Ayew levelled in the 82nd minute. Ayew's goal appeared to have stolen the victory from the U.S., until Brooks' goal off a corner from Graham Zusi. **THE ASSOCIATED PRESS**



U.S. forward Clint Dempsey
GETTY IMAGES

Group F

Nigeria-Iran play to cup's first draw

Nigeria and Iran delivered the first draw of the World Cup on Monday as they ground

out a scrappy 0-0 stalemate in their opening match in Group F.

The draw at the Arena da Baixada in the southern Brazilian city of Curitiba followed 12 mostly high-scoring and attacking games.

THE ASSOCIATED PRESS



All hail the Kings

Kings captain Dustin Brown carries the Stanley Cup in downtown Los Angeles on Monday. After riding nine double-decker buses and a flat-bed truck during the celebratory parade, the Kings gathered for a rally at Staples Center, where they polished off the New York Rangers on Friday in Game 5 of the championship round. The title was the Kings' second in three seasons. **KEVORK DJANSEZIAN/GETTY IMAGES**

German rout screams 'favourites' all over

Imposing 4-0. No. 4-ranked Portugal, Ronaldo and all, easy prey for the Mannschaft's power

Thomas Mueller scored a hat trick as Germany turned on its style and power to rout 10-man Portugal 4-0 in their World Cup Group G opener on Monday.

Mueller, who scored five goals in the 2010 World Cup, was ruthless against a Portugal team that was clearly outplayed in Salvador, Brazil, despite the presence of Cristiano Ronaldo.

"To score three goals in the World Cup opener against such an opponent is great," Mueller said.

The German team celebrated its 100th World Cup match with a rousing victory that was virtually assured by halftime.

"After 20 minutes, we looked up at the clock and thought it was going to be a long day," Mueller said. "But we got into the match very well and when you lead by 2-0 in this heat and then even get the third, it was all over."

Portugal was already 2-0 down before Pepe was red carded in the 37th minute for



Germany celebrates Thomas Mueller's third goal for a 4-0 lead over Portugal on Monday in Salvador, Brazil.
MATTHEW LEWIS/GETTY IMAGES

head-butting Mueller. The German star scored in first-half stoppage time to build a 3-0 advantage.

Mueller scored on either side of Mats Hummels' headed goal and added his third goal in the 81st.

What must be worrying for Germany's opponents is the apparent ease with which Joachim Loew's lineup disposed of the fourth-ranked team in the world.

Group G

4

Germany

0

Portugal

Ronaldo started at Arena Fonte Nova after overcoming a knee injury. He faded after

threatening early in the match, including a shot from a break that Germany goalkeeper Manuel Neuer could only block, but there was nobody from Portugal to pounce on the rebound.

"We lost the game already in the first half," Portugal coach Paulo Bento said. "We couldn't come back in the second. Germany played very well, we couldn't do anything." **THE ASSOCIATED PRESS**

Overwhelmed

"We lost the game already in the first half."

Portugal coach Paulo Bento lamenting the 3-0 score his team took the dressing room at the end of the first half.

Gibbons may be doing something right this time



Toronto Blue Jays manager John Gibbons
GETTY IMAGES

Toronto Blue Jays manager John Gibbons was holding court with reporters in his office before a recent home game when a longtime scribe poked his head in the door.

"Gibby, are you smart again?" he joked, as the veteran skipper let out a roar.

"No, definitely not," Gibbons replied with another hearty laugh.

He may not want to take the credit, but Gibbons is doing something right this season. In a remarkable turnaround from a deflating 2013 campaign, he

has guided the Blue Jays to the top of the American League East division standings.

Gibbons has appeared to use the same style when his team is struggling or in peak form.

Rarely without a big wad of chewing tobacco tucked under his lip, he's quick with a smile and is as laid back as they come. With over three decades of experience in the sport, he knows not to get too high when times are good or too low when they're not.

"I don't think I'm doing anything differently or trying

to be anybody different," Gibbons said in a recent interview. "I don't know if I could. We're just playing better."

"Nothing has changed. We're just playing better."

Gibbons has helped the Jays become one of the surprise stories in Major League Baseball.

"I have confidence in this team," he said. "I knew we were better than we played last year and then we felt there were some reasons we didn't play well last year and we were holding on to that fact."

THE CANADIAN PRESS

Jays in the upswing

General manager Alex Anthopoulos stuck with Gibbons despite a 74-88 campaign in 2013. Currently the Jays hold a 41-30 record.

- Toronto made its move with a 21-9 record in May.
- Only Oakland (42) and San Francisco (43) have posted more wins.

Horoscopes

Aries

March 21 - April 20

You may be a bit moody today for no apparent reason. Yes, OK, certain things have not worked out the way you anticipated but it's hardly the end of the world, so keep things in perspective.

Taurus

April 21 - May 21

Why are some people so negative? It seems that the more ideas and suggestions you come up with the more reasons they find to reject them. Go it alone for a while.

Gemini

May 22 - June 21

The harder you work the less you seem to get done, which is frustrating because you can sense that time is running out. The problem seems to be that you have neglected a number of small but important details.

Cancer

June 22 - July 23

If you change something that does not appear to be working today chances are you will regret it come the weekend when the sun moves into your birth sign. You really don't need to change a thing.

Leo

July 24 - Aug. 23

Others may be talking about you – and what they are saying is unlikely to be flattering – but what of it? You are big enough and bold enough to shrug it off and keep moving forward.

Virgo

Aug. 24 - Sept. 23

If you see that a friend or relative needs help then step up to the plate and do what you can for them. Some people find it hard to ask for assistance – they think it's a sign of weakness.

Libra

Sept. 24 - Oct. 23

You are worrying about something that most other times would not bother you in the slightest – thanks to Mercury, planet of the mind, going through one of its negative phases. Snap out of it.

Scorpio

Oct. 24 - Nov. 22

It will pay you to be skeptical today, especially when dealing with people who in some way or other depend on your generosity. Whatever it is they suggest make sure the figures add up.

Sagittarius

Nov. 23 - Dec. 21

Your self-confidence could take a bit of a dive today, even though your circumstances have not changed at all. Everyone goes through a down phase once in a while, so don't attach too much importance to it.

Capricorn

Dec. 22 - Jan. 20

Ignore people who say that certain things cannot or should not be done. If you feel that a course of action is right for you then there is nothing more that needs to be said.

Aquarius

Jan. 21 - Feb. 19

It's not like you to be negative but you seem to believe that a creative activity of some kind is no longer worth the effort. You're wrong.

Pisces

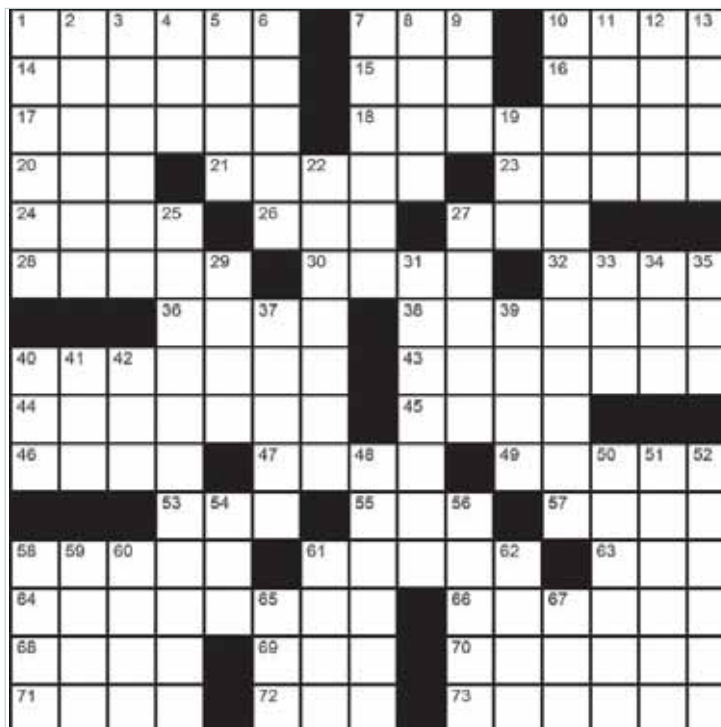
Feb. 20 - March 20

A friend is clearly being economical with the truth and no doubt that makes you mad. Before you snap at them ask yourself what their motive might be. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Winnipeg: Old ____ Square
7. ____ Vegas
10. Lady's address
14. Fabric's fold
15. 'Percent' suffix
16. Moisturizer ingredient
17. Basketball legend Julius
18. Points of view
20. Mr. Wheaton
21. Planting product
23. Prefix with 'arthritis'
24. Profess
26. Almond
27. Li'l life story
28. "Buffalo Stance" by ____ Cherry
30. Beatles: "I ____ film today..."
32. Depilatory brand
36. Agnus ____ (Mass prayers)
38. Ridiculous
40. Toronto: Rogers Centre's original name
43. Formed a queue: 2 wds.
44. Hair dye brand
45. Carte du jour
46. "No thanks, ____ a diet."
47. Sea lettuce
49. Not hidden
53. Capture
55. Sleeve
57. ...happily ____ after.
58. Wise-one's saying
61. Ritual site, perhaps
63. Eggs, scientifically
64. Swimsuit style
66. Put into peril
68. Keep ____ profile
69. Docs
70. "It's so hot ____!" (Crank up that air conditioning!)
71. ____Air (Kitchen appliance brand)



72. British poet, Henry James ____
73. Rids

Down

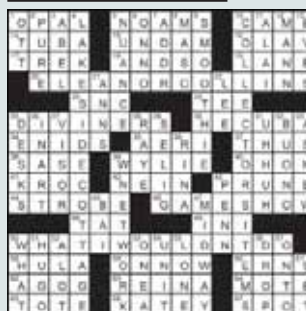
1. Food Network Canada chef, Mark ____
2. Land
3. Makeup maker
4. Trombonist Mr.

- Winding
5. Medieval labourer
6. Sara's songstress sister
7. Actor Ray
8. Numerical ord. opposite
9. Six: Italian
10. Montreal's founder, Paul de

- Chomedey de ____ (b.1612 - d.1676)
11. Frequently: 2 wds.
12. First-rate
13. 'Middle'-meaning prefix
19. "____, _ insist!"
22. Canadian judge Mr. Peters on NBC's "Last Comic Standing"

25. Vera Wang creation: 2 wds.
27. Great jazz Count
29. "Is it a '____' a 'she'?" (Human's query upon meeting a new dog)
31. American store in Canada
33. Assistance
34. Shiba ____ (Dog breed of Japan)
35. Sales pro
37. Poker: Folding-one's statement: 2 wds.
39. Never! = ____ way, shape or form!
40. ____Fi
41. Airline to Amsterdam
42. Former-NBAer, ____ Ming
48. Overnight+bag
50. Calls forth
51. Go back to a former way
52. Toronto Stock Exchange actions
54. "Snake!"
56. As per #10-Down... Ville-____ (1642-founded colony at present-day Montreal)
58. Music key, ____.
59. Bananas brand
60. Nameless [abbr.]
61. Mr. Travis, WKRP employee
62. Finger jewellery
65. Rapscallion
67. "Murder, ____ Wrote"

Yesterday's Crossword

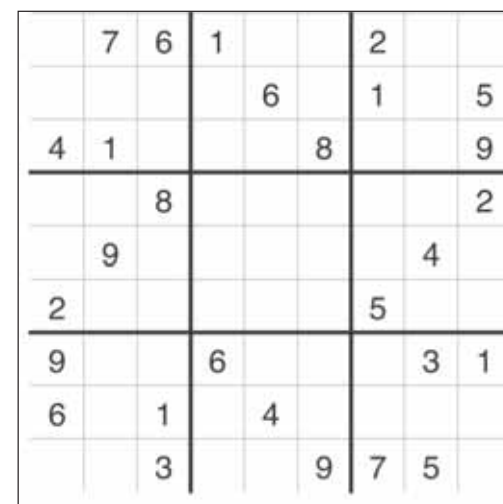


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

21°/13°

Mainly sunny

Wednesday

16°/13°

Rain

80%

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